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ALL-STAR OFF TO CHASE THE NFL DREAM
THE RIDERS RELEASE SLOTBACK WESTON DRESSLER PAGE 17

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Seahawks pride sweeps Sask. for Super Sunday

Hometown hero. Fans snap up Seattle team's apparel and souvenirs at retailers in run-up to Super Bowl appearance by Regina-raised punter Jon Ryan

SARAH TAGUIAM
sarah.taguiam@metronews.ca

The Seattle Seahawks craze has been spreading all over Saskatchewan as the Super Bowl approaches. And with Regina's Jon Ryan punting for the team, more and more football fans have been snapping up Seahawks gear to show support.

"All of our Seattle stuff has been sold out — except for a sticker and one flag," Tyler Bieber, manager of a River City Sports store in Regina, told Metro on Thursday of the purchases this week in anticipation of the NFL championship game on Sunday.

The company's Saskatoon outlet has also experienced a run on Seahawks products such as jerseys, T-shirts, hats and souvenirs.

"The Seahawks have always been a popular team ... but you have the whole factor of Jon Ryan, who is from Regina," Bieber pointed out.

"Everybody just wants to hop on and support him."

According to Bieber, fans have been coming into the store only to find out that it's out of just about all Seahawks products, and that it might not get new stock in before the title match between Seattle and the Denver Broncos in the New York City area.

Brothers Michael and Peter Ashayib visited River City in Regina on Thursday with their mother, and both were disappointed when told that all the Seahawks shirts and jerseys were gone.

"I'm pretty bummed," said Michael, 10, who hopes to be a Seahawks player some day.

"They're a good team," he added. "And they're better than the Broncos."

Peter, 8, chimed in that "everyone in my class likes the Seahawks."

The kids are looking for another place to buy Seahawks gear, after checking a couple of retailers in Regina without any luck.

"It's pretty rare for a Canadian or someone from Saskatchewan to be in the NFL," Bieber said, "so I think everyone just really wants to support a product that has some local ties."

Peter Ashayib, left, River City Sports manager Tyler Bieber and Michael Ashayib show off Saskatchewan's Seahawks excitement on Thursday at the store in Regina. SARAH TAGUIAM/METRO

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‘There needs to be more done’

University of Sask. Student representative isn’t satisfied with a suspension for a school hockey coach after he used a homophobic slur

JACOB MORGAN
Metro in Saskatoon

Jack Saddleback, co-ordinator of the University of Saskatchewan Students’ Union Pride Centre, says the penalty for Dave Adolph is not enough.

The U of S Huskies men’s hockey team coach is facing a two-game suspension after using a homophobic slur in an email.

“There needs to be more done,” said Saddleback.

In an official apology, Adolph said that homophobic attitudes can be prevalent in the sports world.

“The words chosen in my email were inappropriate and unprofessional comments using a homophobic slang. This language in my sport and any sport needs to be changed and the hockey culture needs a revamp on words that are used,” said Adolph in his statement.

“I am sorry to all those who may have been offended.”

Saddleback has extended an invitation to Adolph to stop by the Pride Centre for sensitivity and diversity training.

“I more than gladly invite him to work with the Pride Centre — or work with any gender or sexual diversity group, whether that is the Pride Centre or the Avenue Community Centre — to start breaking down that culture,” said Saddleback.

He added that while he was happy to see Adolph’s apology, he is “shocked and a little saddened by this whole thing.”

The Pride Centre has previously worked with athletic groups and departments to promote inclusiveness on campus, said Saddleback, and he is worried this incident could undermine those efforts.

“Diversity training needs to happen for all athletes and all coaches,” he said.

The university has released an official statement saying the institution is “committed to providing work and learning environments that are positive and safe spaces, free from discrimination and harassment.

“When a concern is brought to our attention, we take the appropriate action based on our principles and in accordance with university policies, employment contracts and legislation.”

Jack Saddleback of the University of Saskatchewan Students’ Union Pride Centre stands at the Rutherford Rink, where the U of S Huskies men’s hockey team plays. The team’s coach, Dave Adolph, faces a suspension after using a homophobic slur in an email. JACOB MORGAN/METRO IN SASKATOON

FSIN employees may not be out of work yet

The head of the Federation of Saskatchewan Indian Nations says employees who have been told they could be laid off aren’t necessarily losing their jobs.

FSIN told its 66 employees Tuesday that they could be let go March 31.

The federation said that’s because Ottawa has cut its funding by $1.1 million.

Federation Chief Perry Bellegarde says the group had $875,000 chopped from its budget last fiscal year, and the new funding cut has forced the organization’s hand.

Bellegarde suggests the federation needs to look for other sources of money.

He says once revenue streams are determined after April 1, laid-off staff will have the first right of refusal for positions that become available.

“We are not laying off or getting rid of 66 employees,” Bellegarde said Thursday. “That’s not the case. Once the funding streams are identified, the first right of refusal for staff to come back … is up to them.”

Bellegarde predicted that the group’s ability to lobby for a better life for aboriginal people will be diminished by a lack of cash.

“This federal government has really weakened that voice by taking away these resources, because that means less policy analysis, less legal work, less communication pieces, less communications strategies,” Bellegarde said. “That’s going to weaken the messaging.”

Bellegard has said that funding is often used by the government to retaliate against First Nations organizations that criticize federal policy.

CJWW/CJME/THE CANADIAN PRESS

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Super Bowl: Eyes on Sask. guy

With Saskatchewan native Jon Ryan on his way to Super Bowl XLVIII, Metro hit the streets of the province's largest urban centres to find out how residents feel the Seattle Seahawks punter will do when the Seahawks kick-off against the Denver Broncos this Sunday.

SARAH TAGUIAM AND MORGAN MODJESKI
news@metronews.ca

Ryan Cox, 21, student, Saskatoon

"I think he will do very well; he will be a crucial part of their team because the punter definitely changes the field for both sides."

Rey Sieber, 47, engineer, Regina

"I hope Ryan kicks well. I like both teams but I'm kind of cheering for Manning. But I'm also wanting Jon Ryan to do well too. I think Denver's going to win. This will be a good game. I think the score will be 28-24 Denver."

Ethan Shaheen, 19, student, Saskatoon

"I think he's going to do great and I'm actually thinking the Seahawks have the best chance, so I don't know, I hope he can perform good enough to make Canada proud; he'll make Canada proud no matter what because he's already there."

Dexter Tantardini, 23, student, Regina

"I'm pretty sure Ryan's been kicking really well ... but I still stand by the Broncos. They've been breaking most touchdown passes from Peyton Manning, most yards and the highest score total in the points per game."

Bryce Henley, 28, student, Saskatoon

"I think he'll do fine. He's obviously proven that he can play in the league; he's been there for eight years or so — maybe pushing 10. I think it's his first time at the Super Bowl, but he's a pro, he can handle it."

Edward Batalha, 68, retired, Regina

"I'll definitely watch the Super Bowl because of Jon Ryan. I knew him when he played for the Rams. I hope he gets to kick the winning field goal. That would be very nice for him."

Extend agreement with union, NDP urges province

Saskatchewan Union of Nurses president Tracy Zambory told Metro she's still optimistic that an extension of an agreement that freezes job cuts with the government will be reached before it expires on Friday. MARCO VIGLIOTTI/METRO

The Saskatchewan New Democrats are calling for the provincial government to extend a stopgap agreement with a nurses' union to suspend job cuts.

Danielle Chartier, NDP health critic and Saskatoon MLA, is urging the government to maintain the moratorium — scheduled to end on Friday — on slashing nursing positions until it reaches a "satisfactory" long-term plan with the Saskatchewan Union of Nurses (SUN).

"We're in a growing province and we need to make sure we're providing the health care that Saskatchewan residents need and deserve," Chartier said.

"The government needs to be working with all the various stakeholders and with the public to ensure there is a long-term plan in place."

SUN president Tracy Zambory told Metro she's optimistic that an agreement with the government to extend the freeze will be reached.

She stressed that patient safety is at risk if more nursing positions are eliminated.

"The lens for all of this is patient safety — all of the other (issues) flow out of that," Zambory said.

Government spokeswoman Kathy Young said the province has made patient safety a top priority, noting that there are more than "1,000 additional nurses now practising in Saskatchewan than in 2007."

"We are currently in discussions with many stakeholders, including SUN and the Saskatchewan Registered Nurses Association, regarding staffing complements in the province and what works best to provide Saskatchewan people with the best possible care," Young said by e-mail.

Young added that the government is committed to "supporting a strong workforce in Saskatchewan's health system."

MARCO VIGLIOTTI/METRO

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Health Canada. Morning-after pill to be studied due to questions over efficacy

Health Canada says it is studying the effectiveness of the so-called "morning after" contraceptive pills in the wake of news they aren't as effective in larger women.

The federal drug regulator says it is assessing new data that suggests a higher body weight could reduce the effectiveness of emergency contraceptives.

Health Canada says it is also looking at whether labelling changes are needed for all brands of the pills to reflect the problem.

The department's statement comes two months after French manufacturer HRA Pharma announced its emergency contraception pill doesn't work in women who weigh more than 176 pounds.

There are four brands of morning-after pills available without prescription in Canada: Next Choice, from Cobalt Pharmaceuticals; HRA Pharma's NorLevo; Option 2, from Perrigo International and Plan B from Women's Health Inc.

Health Canada says if it decides action needs to be taken, it will work with manufacturers to update labels and inform consumers.

The pills contain higher levels of levonorgestrel than standard oral contraceptives and work by preventing ovulation or fertilization of an egg. They can be taken up to 72 hours after unprotected sex or a contraceptive accident such as a condom breaking.

The pills do not have any impact if a woman has already become pregnant.

Health Canada says it is aware of a recent statement from the European Medicine's Agency alerting consumers to the fact that NorLevo's labelling had been altered to make reference to the observation that weight affects the efficacy of the medication.

The added wording says the pill's efficacy is reduced in women weighing 75 kilograms (165 pounds) or more, and the pill doesn't work for women who weigh more than 80 kilograms (175 pounds).

THE CANADIAN PRESS

HRA Pharma announced its emergency contraception pill doesn't work for women over 176 pounds. Health Canada is looking into potential label changes for morning-after pills. REMY DE LA MAUVINIERE/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Ford: I'm no fan, but Bieber's not that bad

Toronto Mayor Rob Ford is questioned by reporters at city hall in Toronto on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

'He's a young guy.' Despite a preference for Rush, Zeppelin, Toronto mayor sticks up for pop star recently charged with assault in his city

Toronto Mayor Rob Ford is sticking up for another headline-grabbing Canadian — Justin Bieber.

Ford was asked about the pop singer when he spoke by phone today to the Washington, D.C.-based Sports Junkies radio show.

Ford said Bieber is only 19 and asked the radio personalities, who called Bieber "Canada's worst export," to think back to when they were that age. On Wednesday, Bieber was charged in Toronto with assault.

Ford's comment on Bieber was: "He's a young guy, 19 years old. I wish I was as successful as he was."

Ford says he's never met Bieber and is not a fan of his music, preferring Rush and Led Zeppelin. THE CANADIAN PRESS

Bieber's toxicology report

A toxicology report released Thursday shows that Justin Bieber tested positive for marijuana and Xanax after his arrest on DUI charges in Florida last week.

- The report also shows no presence of other illicit drugs in Bieber's system.
- A previous report found that breath tests placed Bieber's blood-alcohol content below the .02 level considered intoxicated for under-21 drivers.

Syrian toddler rescued from rubble

Fourteen-month-old Ghina Khalil is recovering with her family in the northern Syrian city of Aleppo after being buried in rubble.

The stunning rescue, caught on video, corresponds to Associated Press reporting of events.

The footage shows a group of men frantically digging in the dusty rubble of her home after an alleged airstrike on Jan. 22.

Amid cries of "God is greatest," the toddler's curly-haired head can be seen emerging from the dust, as the men scoop away handfuls of crumbled concrete with their bare hands. With her arms freed, the girl reaches up to wipe her eyes in a sign of life.

According to the activist who filmed the video, uploaded to the Internet by the Nur Media Center, the girl was completely buried for at least three minutes and her mother was killed in the attack. A video taken later showed Khalil in new clothes, with no visible injuries.

The Syrian government has been accused of using airstrikes and rocket attacks indiscriminately against residential areas. THE ASSOCIATED PRESS

In this image taken from a Jan. 22 video, men dig 14-month-old Ghina Khalil out of rubble in Aleppo, Syria. NUR MEDIA CENTER/THE ASSOCIATED PRESS

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Sex ring busted before Super Bowl: Officials

'Party packs.'
Texts advertising cocaine and sex combos were allegedly sent to clients

Officials say 18 people are being rounded up in New York City on allegations they sold "party packs" of cocaine and sex to high-end clients and texted clients to advertise ahead of this week's Super Bowl festivities.

The officials say the arrests follow an 11-month investigation by state and city authorities. The law enforcement officials with knowledge of the operation spoke to The Associated Press on condition of anonymity because they weren't authorized to disclose it before court filings Thursday.

They say surveillance shows the ring laundered money and credit cards through clothing, wig, beauty supply and limousine businesses and targeted wealthy out-of-town customers, especially during large events.

Prostitutes would bring cocaine to clients who ordered the so-called party packs.

The text sent 10 days before the Super Bowl says "new sexy & beautiful girls R in town waiting for u."

THE ASSOCIATED PRESS

New York Attorney General Eric Schneiderman and New York City Police Chief of Department Philip Banks in New York. THE ASSOCIATED PRESS

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Sale prices while supplies last.

Protesting en pointe

Ballet dancer Alexandra Portyannikova, wearing handcuffs and braving the -20 C weather, takes part in a protest in Moscow on Thursday. It was organized by Amnesty International to draw attention to human rights violations in Russia. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Montreal

Woman dies after scarf caught in escalator

A woman was strangled Thursday after her scarf and then her hair got caught in the mechanism of a Montreal subway escalator as the moving staircase rolled toward the platform.

Police say the victim was a 48-year-old woman.

Firefighters were first on the scene, followed by paramedics.

Bob Lamle, a division chief for Urgences-santé, the city's ambulance service, said firefighters and paramedics immediately tried to revive her but were unsuccessful. A doctor then declared her dead on the scene.

The accident happened at around 9:15 a.m.

THE CANADIAN PRESS

Handed 28 years, Knox set to appeal once again

A woman believed to be Amanda Knox is hidden under a jacket while being escorted from her mother's home in Seattle on Thursday. THE ASSOCIATED PRESS

Guilty verdict upheld.
U.S. defendant calls ruling 'unjust'

An appeals court in Florence on Thursday upheld a guilty verdict against U.S. student Amanda Knox and her ex-boyfriend for the 2007 murder of her British roommate. Knox was sentenced to 28 and a half years in prison, raising the spectre of a long legal battle over her extradition if the conviction is confirmed.

Lawyers for Knox and her co-defendant, Raphael Sollecito, vowed to appeal to Italy's highest court, a process that will take at least another year and drag out a legal saga that has divided court watchers in three nations.

In a statement from her mother's home in Seattle, where she had awaited the verdict, Knox said she was "frightened and saddened" by the decision.

The court reinstated the guilty verdicts first handed down against Knox and Sollecito in 2009 for the death of Meredith Kercher. Those verdicts had been overturned in 2011, but Italy's Supreme Court vacated that decision and sent the case back for a third trial in Florence.

Kercher, 21, was found dead Nov. 2, 2007, in a pool of blood in the bedroom of the apartment she and Knox shared in the central Italian city of Perugia, where both were studying. Her throat had been slashed and she was sexually assaulted.

THE ASSOCIATED PRESS

Dismayed

"She was petrified. Silent."

Carlo Dalla Vedova, Amanda Knox's Italian lawyer, explaining his client's reaction over the phone when he told her of the sentence set by a Florence appeal court.

Ukraine. President's sick leave fuels ruse rumours

In the midst of Ukraine's unending political crisis, its embattled president went on sick leave Thursday, leashing a tidal wave of conspiracy theories since protesters have been demanding his ouster for months.

The 63-year-old Viktor Yanukovych has an acute respiratory illness and a high fever, according to his presidential website.

Vitali Klitschko, leader of the opposition party Udar, suggested that Yanukovych could be pretending to take himself out of action in preparation for imposing a state of emergency. That has been a persistent worry of the opposition since protesters clashed violently with police two weeks ago, killing three demonstrators.

Yanukovych has faced two months of large protests that have sometimes paralyzed the centre of Kyiv, the capital.

THE ASSOCIATED PRESS

Protesters practise battle moves in Kyiv on Thursday, as Ukraine's president, Viktor Yanukovych, said he's taking a sick leave. EMILIO MORENATTI/THE ASSOCIATED PRESS

Left to right: Todd Sandin, Director of Operations, Regina Food Bank; Bill Hall, Executive Director, Food Banks of Saskatchewan; Laurie O'Connor, Executive Director, Saskatoon Food Bank; Lee Knafelc, Vice President, Human Resources and Administration, PotashCorp; Steve Compton, Executive Director, Regina Food Bank.

More than two million reasons to give thanks

This holiday season, PotashCorp and the Food Banks of Saskatchewan encouraged the people of Saskatchewan to consider the needs of their neighbours and give to local food banks. For every dollar you donated, PotashCorp pledged to give one too, to a maximum of $1 million.

By coming together, we raised more than $2.8 million to help feed hungry people across the province and inspire them to reach their hopes and dreams. We believe food is the foundation on which people can build better lives for themselves and their families, and we want to help provide the tools to succeed.

Because of the generosity of the people of our province along with PotashCorp's contribution, we're feeding our communities today and providing hope for the future.

Thank you, Saskatchewan.

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Star sparks debate on Israeli settlements

Oxfam tiff. Scarlett Johansson opts to stick with Tel-Aviv-based company SodaStream

Scarlett Johansson has parted ways with the international charity Oxfam because of a dispute over her work for SodaStream, a company operating in a West Bank settlement.

Johansson became the latest casualty of a widening campaign to boycott the settlements, drawing attention to a larger debate about whether Israel will become an international pariah, at a steep economic price, if it fails to reach a peace deal with the Palestinians. Israeli Finance Minister Yair Lapid stoked such fears this week, warning that if negotiations break down "and we enter a reality of a European boycott, even a very partial one, Israel's economy will retreat backward and every Israeli citizen will feel it straight in the pocket."

His comments reflected a growing sense in Israel that the coming weeks will be decisive for the country's future.

THE ASSOCIATED PRESS

Under pressure

"I remain a supporter of economic cooperation and social interaction between a democratic Israel and Palestine."

Scarlett Johansson responding in a public statement released Jan. 24.

Hibernation during big chill freezes bottom line

Barbers Tarris Horton, left, and England Wesley play a video game, with one-year-old Kannon Wesley watching, while they wait for customers at Hair on the Floor Barbershop in Covington, Ky. Wesley says business at the barbershop, which depends heavily on walk-in clientele, has been down about 90 per cent in the past several weeks. The January deep freeze wrought by the polar vortex in the U.S. Midwest, a big snowfall in the Northeast and abnormal cold and snow in the Deep South has moved many to hibernate — hitting hair salons and other businesses, including restaurants and health-care specialists, that rely on walk-ins and appointments.

THE ASSOCIATED PRESS

Saskatoon-based co.

Potash Corp. profits drop 45% from a year earlier

Potash Corp. of Saskatchewan says its fourth-quarter profit dropped to $230 million US — down 45 per cent from a year earlier as it took hits from lower fertilizer prices and downsizing. The Saskatoon-based company said in late 2013 it would cut 18 per cent of its workforce. THE CANADIAN PRESS

Market Minute

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BUZZING FOR BREAKFAST AND LUNCH AT CORA REGINA

CONTRIBUTED

Cora Regina — known for fresh and healthy breakfasts — has been buzzing since it opened in November.

"What differentiates us is the amount of fresh ingredients that we offer on our menu," says local owner Darcy Furber. With a trained staff and an eye for presentation, Furber strives to make Cora's the place to go for breakfast and for weekday lunch.

"We like to over-deliver to our guests, and we want everybody to experience what we call the 'wow factor' when we bring our plates to their table."

Cora Regina offers such cross-country favourites as the Samira Wake-up, piled with lavishly cut fresh fruit, and traditional favourites like omelettes, waffles, and crepes. Cora's 10-Star Omelette, for example, combines five meats with vegetables and cheddar. Menu items also come with potatoes, toast, and Cora's trademark mountain of fruit.

Monday to Friday, lunch specials include Veggie Burgers, and Panini Crepes filled with Philly beef or chicken breast, in addition to the full menu.

Cora Regina also offers gluten-free bread, and menu items made with egg whites upon request, as well as the Happy Egg-white Omelette special available until March.

"We strive every day to achieve the wow factor for every guest that comes through our doors," Furber says.

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Rest of Week 5.99

2.77 EACH

TAMPAX TAMPONS (20's), **ALWAYS** MAXI PADS (12's - 24's) or LINERS (30's - 60's)
Selected Types
Limit 4. After limit 2.99
Rest of Week 2.99

3.77 EACH

FRUCTIS HAIR TREATMENTS or **PANTENE** HAIR CARE PRODUCTS
Selected Types & Sizes
Excludes Premium
Limit 4. After limit 3.99
Rest of Week 3.99

3.99 EACH

REVLON
NAIL ENAMEL or TREATMENT
Selected Types
Limit 4. After limit 5.99
Rest of Week 5.99

40% OFF

WEBBER NATURALS
VITAMINS or NATURAL HEALTH PRODUCTS
Selected Types & Sizes

Available at food locations only — see **shoppersdrugmart.ca** for details

2.77 EACH

EVERYDAY MARKET
BUTTER 454g
Selected Types
Limit 4. After limit 2.99
Rest of Week 2.99

1.69 EACH

DAIRYLAND
CHOCOLATE MILK JUG 1L
Limit 4. After limit 1.79
Rest of Week 1.79

1.99 EACH

McGAVIN'S
WHITE or WHOLE WHEAT BREAD 570g
Limit 4. After limit 2.29
Rest of Week 2.29

3.49 EACH

KRAFT PEANUT BUTTER (750g - 1kg) or SPREADS (500g)
Selected Types
Limit 4. After limit 3.99
Rest of Week 3.99

2/$4

RUFFLES (235g) or **CHEETOS** (285g - 310g) CHIPS
Selected Types
or 2.50 each. Limit 4
Rest of Week 2/$5

3.49 EACH

CARNATION COFFEE-MATE WHITENER (450g) or **MAXWELL HOUSE** INSTANT COFFEE (150g - 200g) Selected Types
Limit 4. After limit 3.99
Rest of Week 3.99

2/$5

COCA-COLA or **PEPSI**
BEVERAGES 6 x 710mL Selected Types + Deposit & Enviro Levy where applicable
or 3.49 each. Limit 4
Rest of Week 3.49

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THE HAT THAT LAUNCHED 76K RETWEETS

THE METRO LIST

Neil Morton
metronews.ca

Here's some of the great stuff that's been trending on social media — not including #JustinPleaseComeToTurkeyOnHolidays and Justin turning himself in to Toronto police. Sorry, I need a break from the Biebs — or sabbatical.

1 **Bell Let's Talk.** The hashtag #bellletstalk lit up to the tune of three million tweets for the Fourth Annual Bell Let's Talk Day Tuesday, where Canadians break the silence around mental illness. More than $5 million was raised to support mental-health initiatives across the country. Even Rogers tweeted out to use the hashtag. Beautiful day showcasing power of Twitter to effect change.

2 **Arby's.** What people loved the most about the Grammys was Pharrell's Hat — it resembled Smokey Bear and Arby's restaurant logo. Hats off to Arby's who won the day with the tweet: "Hey @Pharrell, can we have our hat back?" It garnered more than 76,000 retweets. Pharrell responded: "Y'all tryna start a roast beef?" Another coup for brands using humour.

3 **Titanic recreation.** Leonardo DiCaprio crashed Jonah Hill's SNL monologue as Hill mocked his Wolf of Wall Street co-star. Jonah apologized and said to soothe his nerves, could they do that thing "that made me feel safe" on the movie set. That thing was a reenactment of the Titanic "I'm flying" scene.

4 **Terrence Ross.** In a spectacular display, the Toronto Raptor forward — last year's all-star slam dunk champion — put on a game for the ages, scoring 51 points against the LA Clippers and tieing Vince Carter's team record. What makes it more remarkable? Ross entered the game averaging just 9.3 points per game.

5 **Air Canada comedy skit.** Shaun Majumder did a parody of Air Canada's customer service on This Hour Has 22 Minutes, playing "Trevor" an Air Canada rep who outlines ridiculous options for people needing help. The point: Customer service is No. 1. So don't just say it, make it No. 1.

6 **Instagrammy hit.** An Instagram montage summed up style at the Grammys with a picture of Stormtroopers (Daft Punk), Wednesday from The Addams Family (Lorde), a Canadian Mountie (Pharrell's hat) and a wet dog (Beyoncé's hair). Suddenly, I feel just fine being ordinary in plaid and skinny jeans.

7 **Budweiser ad.** A heartwarming Super Bowl ad called Puppy Love starring a Clydesdale that comes to the rescue of a golden retriever puppy had more than five million views on YouTube (#bestbuds) since being released. Goes to show once again that funny and/or sentimental ads that don't push the product down your throat have the most impact.

8 **Poutine.** Watch out for La Poutine Week, which runs Feb. 1 to 7 as more than 100 restaurants across the country will be creating their own version of poutine for $10 or less, and Canadians will get the chance to choose their faves. #lapoutineweek.

9 **Bachelor Wedding.** Catherine Giudici and Sean Lowe tied the knot in front of family, friends and past stars from The Bachelor and The Bachelorette. Lowe's father officiated the ceremony and called it "an epic fairy tale." Slight proof that reality TV works in the real world sometimes.

10 **Flappy Bird.** This frustrating game with rudimentary graphics involving a flapping bird that has to stay airborne while avoiding pipe barriers is inexplicably all the rage right now on the app store. It's utterly addictive and is being hailed as the new Angry Birds. Goes to show again there is no accounting for taste.

Follow The Metro List on Twitter @TheMetroList

ZOOM

This calls for an opera!

ROBERTUS PUDYANTO/GETTY IMAGES

For the Year of the Horse, of course

Actors perform on stage during The Beauty of China Opera show at Pakuwon Imperial Ballroom in Surabaya, Indonesia, as part of the Chinese New Year celebrations known as the Spring Festival or the Lunar New Year, welcoming the Year of the Horse.

Chinese communities around the world were gearing up for the holiday. Based on the Lunisolar Chinese calendar, the new year is celebrated from the first day of the first month of the lunar year and ends with the Lantern Festival on the 15th day.

GETTY IMAGES/THE CANADIAN PRESS

By the numbers

3.6B

China's Lunar New Year migration is often referred to as the largest movement of people anywhere, with 3.6 billion trips of all lengths by bus, plane and train expected to be made over the 40-day travel rush. While still an annual ritual for millions working far from home, such journeys are being shunned by many of the newly prosperous who are increasingly using the holiday to fly to overseas.

A tree decorated with red lanterns in Beijing. Mainland China will be virtually shut down for the next seven days. FENG LI/GETTY IMAGES

Clickbait

IRENE KUAN
Metro Online

A month has passed since the New Year — are your diet plans still on track? Don't feel ashamed if you've let them slip; it happens to the best of us. Here are some apps to help you maintain your diet goals:

ISTOCK

My Fitness Pal:

Track your weight, food intake and activities with this free app. You can set calorie intake goals, log your meals, and find nutritional info through the food diary. Each time you log in, you'll be reminded of your achievements. The weight loss is tracked on a chart to show your progress or lack of. You can also connect to your "fitness pals," if you need a friend to keep you motivated.

FatSecret (free):

Find out the nutrition information from your favourite foods, brands and even restaurants with this free app. There's a barcode scanner for info from store bought items. A food diary will help you keep track of your diet, along with the exercise log and diet calendar to track calories consumed and burned. It also provides healthy recipes.

My Net Diary ($9.99):

Make tracking your weight and food intake hassle-free with this easy-to-use app. It contains an extensive food database providing nutritional info for your favourite products. One neat feature is, if a food is not in the database, you can use the PhotoFood service to send a photo of the item to My Net Diary and they will enter or update the food for you. The app will also send you a weekly analysis of your progress, including your water intake.

Twitter

Beloved Internet cat

@colonel_meow

passed away at the age of two years, three months. Do you have any special final thoughts for the ultimate furry feline?

@FMNsocial: Enjoy the Rainbow Bridge, dear @colonel_meow Your furry face will be missed!

@k_kosie RIP @k_kosie colonel_meow #neverforget furry paw of dictatorship. #scotch for all in his honour

@rebverb Hopefully he gets the military funeral he so deserves. #RIPColonelMeow

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Synopsis

Based on Joyce Maynard's novel of the same name, the action in Labor Day begins when a wounded, escaped criminal (Josh Brolin) hides out in the home of two strangers, Adele, a depressed divorcee (Kate Winslet) and her 13-year-old son, Henry (Gattlin Griffith). What begins as a hostage situation slowly changes as the stranger's sensitive side is revealed and he becomes a surrogate father figure for Henry and companion for Adele.

- Richard: ●●●○○
- Steve: ●●●○○

Josh Brolin and Kate Winslet star in Labor Day, which opens this weekend. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

A tale of love and pies

Labor Day. Josh Brolin and Kate Winslet showcase an unexpected spark in this sweet Stockholm Syndrome story

Richard: Mark, it's been said that 90 per cent of the director's job is casting, and on that score Jason Reitman has knocked it out of the park. Labor Day is essentially a three-hander with Winslet, Brolin and Griffith responsible for the emotional weight of the movie. Griffith is convincing as a youngster abruptly placed in the position of son and surrogate spouse, but it is the leads that really carry the movie. Winslet is delicate and effective as the world-weary Adele while Brolin hands in another of his manly man performances, tempered by a hidden sensitive side. I'm curious to hear what you thought.

MB: You bet it's the acting that makes this one work, Richard! There's genuine chemistry between Winslet and Brolin. Brolin is so good I could actually believe his escaped convict could be innocent — no small feat. But the movie, set in 1987, feels like it could have been made in 1987. It's so square compared with Reitman's other work, which I adore. Only someone who's never seen a movie before wouldn't be able to figure out where the story was headed. But you can admire the film's quiet, stately pace, even if the whole thing feels like it's ripped out of a Harlequin romance novel. Don't get me started on the pie scene.

RC: I liked the pie scene. I don't want to give anything away for people who haven't seen the movie, but imagine the scene from Ghost with pastry instead of pottery and you'll get the idea. It's just wonky enough to spice up the story, and I thought Brolin pulled it off. Of all the leading men out there right now he's the only one I can think of to have the old school Lee Marvin grit to still look badass while folding pastry.

MB: Me, I just laughed, until I was shushed by a middle-aged woman in the back row ... I think the movie would have been more interesting if you weren't convinced from the start that Brolin was a good guy and if Winslet's romantic despair weren't quite so acute. Luckily, Griffith provides a good foil for both of them and distracts the viewer from these issues. One thing I really liked about the movie is its shortened time frame: the entire story takes place over one weekend and it sharpens the plot and the tension.

RC: Even though the movie takes place over one long weekend it does take its time to develop the relationship between Adele and the mysterious stranger. Because Reitman takes his time unveiling the relationship, it's a bit more believable than the story might otherwise have been. You're left with the question, "Is it Stockholm Syndrome or true love?"

MB: True need, Richard, and that's close enough for me.

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Comedy

That Awkward Moment

Director. Tom Gormican

Stars. Zac Efron, Michael B. Jordan

That Awkward Moment is aptly titled mainly because this film is full of them. Zac Efron is one of three libertine buddies transitioning from the sex-addled single life to monogamous devotion. The predictable premise presupposes its cleverness but these one-note characters simplify complex relationships to the banal. And the female characters are even more witless. Efron's supposedly astute love interest nonchalantly excuses his admitted assumption she was a prostitute because she keeps condoms. STEVE GOW

Bookish Balaban finally gets a gun

The Monuments Men. Bob Balaban sheds his wallflower persona in war film about taking back art from the Nazis

NED EHRBAR
Metro World News in Hollywood

Bill Murray and Bob Balaban star in The Monuments Men, which opens next Friday. CONTRIBUTED

One of the first things Bob Balaban's Broadway impresario says when tapped to join the Monuments Men — tasked to recover stolen art from the Nazis in the twilight of the Second World War — is, "Would I get to kill anyone? I'd really like to kill somebody." It's an unexpected edge coming from Balaban, an actor better known for his bookishness. But every actor likes a challenge, he insists.

How did you feel about your character being presented as a somewhat tough guy? Is that new for you?
You know, I never really thought about that part too much. I mostly thought, oh my God, I'm going to have to have a gun. What do I do? So I spent a large amount of time training to use my weapon — which I only use for 13 seconds in the beginning of the movie. We actors always like to do things we're not familiar with.

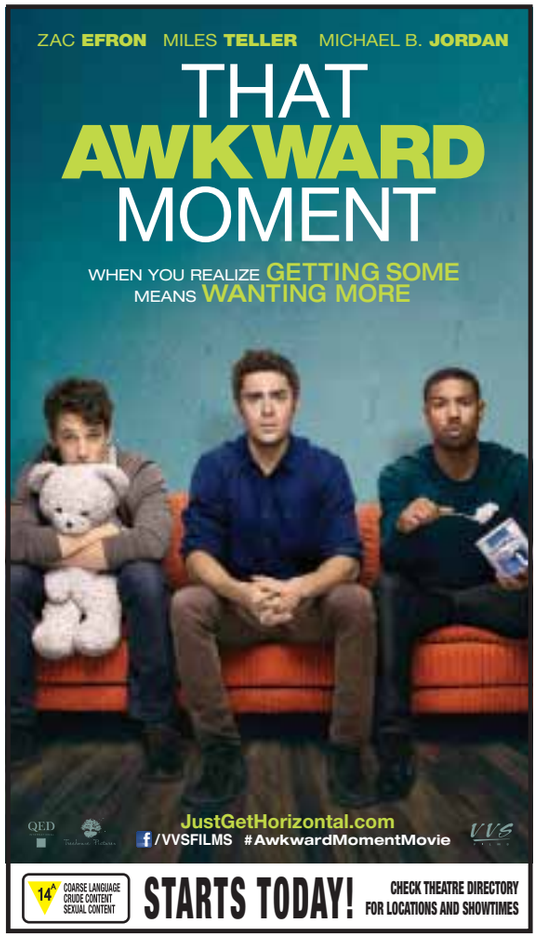
Have you actually carried a gun in a film before?
I was fired the last time I drew a gun in a movie. (laughs) I was in a Woody Allen movie where I had a gun. We shot my scene 900 times, and Woody kept saying, "You don't look very dangerous." I went to a screening of the movie and I said to my wife, "See that little house over there? I'm going to come walking out." And the door opened and Wally Shawn came out. I got fired and I didn't even know I was fired.

So Wallace Shawn is more threatening than you with a gun?
Wally was better than I was. When I saw him do it I thought, no wonder! That's what Woody Allen was talking about.

I mean, don't take this the wrong way, but you're kind of the personification of NPR.
That's funny. It's not a bad thing at all, and I deeply appreciate it. I probably don't really deserve you to think that, in substance anyway, but I do believe in surface and texture it goes well. It's right in my casting wheelhouse. I don't get many cowboys.

So, it's Oscar season, and this film was originally supposed to be in contention. How do you feel about the delay?
I think it's a good thing to be delayed, because there's so many good big, small and middle-size movies this December. I think when this movie comes out in February there will be a lot more people able to focus on it, be aware of it and go to it than there would've been in December, which was so overcrowded.

ELLE
Karen Durbin
"A ROMANCE TO ROOT FOR."
Los Angeles Times
Betsy Sharkey
"RIGHT UP THERE WITH REITMAN'S BEST."
NEW YORK POST
Lou Lumenick
"WINSLET AND BROLIN HAVE WONDERFUL CHEMISTRY. This gem is part coming-of-age drama and part thriller, as well as being SWOONINGLY ROMANTIC."
Kate Winslet Josh Brolin
Labor Day
PG SEXUALLY SUGGESTIVE SCENES, VIOLENCE, SEXUAL LANGUAGE
LaborDayMovie.com
STARTS TODAY CHECK THEATRE DIRECTORY FOR LOCATIONS AND SHOWTIMES


ZAC EFRON MILES TELLER MICHAEL B. JORDAN
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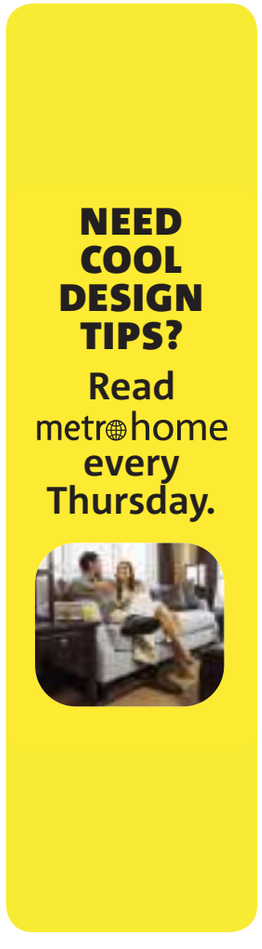


Elizabeth Banks is one sexy Lego

The Lego Movie.
Actress talks about being the voice of a figurine and working with Morgan Freeman

NED EHRBAR
Metro World News in Hollywood

Since Elizabeth Banks voices Wyldstyle, one of the minifigure heroes of The Lego Movie, it makes sense to meet for an interview at L.A.'s Legoland amusement park. But it's still fairly surreal, as surroundings go.

Is this the weirdest junket experience you've ever had?
I'll tell you, this is the most exciting junket I've ever been on because Morgan Freeman's here. He's a genius. Everything he says is gold. I mean, I edit [myself] because I still want to get jobs. Whereas Morgan Freeman's like, "F— it. I'm on the other side. They're going to hire me no matter what." And he's right. They should, because he's a genius.

The running joke about your character's name is everyone assumes she's a DJ or something. So if you were actually a DJ, what would be your DJ name?
Um… I'm definitely not a DJ. I'm actually terrible with all that stuff. But my DJ name would be… like, Solo Claudia Goldenschwartz. "Solo" because I'm a solo DJ, I do it on my own.

Your character, while being a Lego figure, actually has curves.
Well, they're kind of drawn-on curves. Wonder Woman does, too. She's got, like, a sweetheart neckline, too. She's got the impression of it, anyway.

Did the curves strike you as odd?
I didn't notice, actually. But it wouldn't bother me. I'm OK with it. I mean, if someone's like, "She's a really sexy Lego, is that weird?" That's on you, man. Who knows, you might be a boob man. Look, I'm here to blaze a trail, and if that's how I do it, so be it.

Quoted

"Look, I'm here to blaze a trail, and if that's how I do it, so be it."

Elizabeth Banks reacting to comments that her Lego character is voluptuous.

While this is an animated film, did you get to work much with your co-stars?
I was really lucky on this. I recorded probably four sessions with Chris Pratt and then two sessions with Chris and me and Will Arnett. The three of us together, that was a very fun time. It was a lot of wasted time making each other laugh with jokes that are completely inappropriate for a children's movie.

What sorts of jokes are we talking about?
Well, Batman has a real kinky side to him, let's just say that. Look at him. He's in basically an S&M outfit.

What's coming up next for you?
My life right now is all about Pitch Perfect 2. I produced the first movie, I'm producing [and directing] the second movie. It's all about getting that script ready to go into production, bringing the cast back together and getting it ready for a release in 2015.

Were there many obstacles in getting the sequel set up?
[The studio] wants to make it, we just want to make the best version that we can. There's a little pressure. They want to release it and they're picking a date for it, so the pressure is, as always, we want to tell a really fun, funny, inspiring story, and we're just homing in on that.

Elizabeth Banks stars in The Lego Movie. GETTY IMAGES

Banks plays Wyldstyle in The Lego Movie. CONTRIBUTED

THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 31 TO THURS., FEB. 06 TIMES ARE SUBJECT TO CHANGE.

Southland Mall
3025 Gordon Rd.

12 Years a Slave (14A) Fri 7-10:05 Sat-Sun 1-4-7-10:05 Mon-Tue 5:40-8:35 Wed 2-5:40-8:35 Thu 5:40-8:35
American Hustle (14A) Fri 6:50-10 Sat-Sun 12:30-3:40-6:50-10 Mon-Tue 5:30-8:30 Wed 1:50-5:30-8:30 Thu 5:30-8:30
Anchorman 2: The Legend Continues (PG) Fri 7:25-10:15 Sat-Sun 12:55-4:15-7:25-10:15 Mon-Tue 5:45-8:40 Wed 2-5:45-8:40 Thu 5:45-8:40
August: Osage County (14A) Fri 7:15-10:05 Sat-Sun 1:20-4:10-7:15-10:05 Mon-Thu 5:55-8:45 Star & Strollers Screening Wed 1:30 Bride for Rent (G) Fri 7:10-9:45 Sat-Sun 1:45-4:30-7:10-9:45 Mon-Tue 5:50-8:20 Wed 2:10-5:50-8:20 Thu 5:50-8:20 Devil's Due (14A) Fri 7:40-10 Sat-Sun 1:40-4:40-7:40-10 Mon-Tue 6-8:10 Wed 2:10-6-8:10 Thu 6-8:10
Frozen (G) Sat-Sun 1:10
Frozen 3D (G) Fri 6:55 Sat-Sun 3:55-6:55 Mon-Tue 5:25 Wed 1:40-5:25 Thu 5:25
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Sun 9:30 Mon-Thu 8
The Hunger Games: Catching Fire (PG) Fri 6:40-9:55 Sat-Sun 12:20-3:30-6:40-9:55 Mon-Tue 5:20-8:25 Wed 1:50-5:20-8:25 Thu 5:20-8:25 The Secret Life of Walter Mitty (G) Fri 7:30-10:10 Sat-Sun 1:30-4:25-7:30-10:10 Mon-Thu 5:35-8:15 Star & Strollers Screening Wed 1:30
The Wolf of Wall Street (18A) Fri 8:45 Sat-Sun 12:45-4:45-8:45 Mon-Tue 7:30 Wed 1:40-7:30 Thu 7:30

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit

Akira (STC) Fri 2 Thu 7:15
Anchorman 2: The Legend Continues (PG) Fri-Sat 9:40 Sun-Thu 9:20
The Avengers (PG) Sat 6:50
Batman (PG) Sat 9:35 Wed 1
Battlestar Galactica (STC) Sun 12:30
Bill & Ted's Excellent Adventure (STC) Fri 7:15 Mon 5:30 Tue 2
Bolshoi Ballet: Lost Illusions (STC) Sun 12:55 Brazil (STC) Mon 12 Wed 9:50
The Dark Knight (14A) Sat 11:59 Wed 3:35 The Fisher King (STC) Mon 2:45 Tue 4 Wed 7
Flash Gordon (STC) Sun 7:30
Frozen (G) Sat 11 Sun-Thu 1:15
Frozen 3D (G) Fri 4:20-7 Sat 1:35-4:20-7 Sun-Thu 4-6:40 Frozen Sing-Along (STC) Fri 2:55-5:35 Sat 12:15-2:55-5:35 Sun-Tue 12:10-2:55-5:35 Wed 2:55-5:35 Thu 12:35-3:05-5:40 Ghost in the Shell (STC) Fri 4:40 Thu 9:50 The Hobbit: The Desolation of Smaug 3D (PG) Fri-Thu 8:15
I, Frankenstein 3D (PG) Fri 2:50-5:20-7:45-10:25 Sat 12:25-2:50-5:20-7:45-10:25 Sun 12:25-2:45-5:05-7:35-10:05 Mon-Tue 12:25-2:45-5:10-7:35-10 Wed 2:45-5:10-7:35-10 Thu 12:30-2:45-5:10-7:35-10
Iron Man (PG) Sat 4:15
Jack Ryan: Shadow Recruit (PG) Fri 2:30-5:05-7:40-10:15 Sat 11:55-2:30-5:05-7:40-10:15 Sun 4:25-6:55-9:35 Mon-Wed 2:20-4:55-7:30-10:05 Thu 1:50-4:25
Labor Day (PG) Fri 2-4:40-7:20-10:10 Sat 11:20-2-4:40-7:20-10:10 Sun-Thu 2-4:40-7:20-10:10
The Land Before Time (G) Sat 11
Lock, Stock and Two Smoking Barrels (18A) Mon 7:30 Thu 2:45
Logan's Run (STC) Sun 10
Lone Survivor (14A) Fri 4:15-7:30-10:20 Sat 1:20-4:15-7:30-10:20 Sun 1:35-4:20-7:05-9:50 Mon-Thu 1:20-4:10-7-9:50
Monty Python and the Holy Grail (STC) Fri 11:59 Tue 12 Thu 5:15
The Monuments Men (STC) Thu 7-9:50
The Nut Job (G) Fri 2:15 Sat 12 Sun-Thu 1:55 The Nut Job 3D (G) Fri 4:30-6:50 Sat 2:15-4:30-6:50 Sun-Thu 4:15-6:30
On Her Majesty's Secret Service (STC) Tue 7 Planet of the Apes (STC) Fri 9:20 Sun 5:10 Ride Along (PG) Fri 2:05-4:35-7:10-9:45 Sat 11:40-2:05-4:35-7:10-9:45 Sun-Thu 2:05-4:35-7:10-9:45
Snatch (18A) Mon 9:45 Thu 12:30
Spider-Man (PG) Sat 1:45
Superman (STC) Sat 11
That Awkward Moment (14A) Fri 3:05-5:30-8-10:30 Sat 12:40-3:05-5:30-8-10:30 Sun-Tue 12:15-2:50-5:15-7:45-10:15 Wed 2:50-5:15-7:45-10:15 Thu 12:35-2:50-5:15-7:45-10:15 Thunderball (STC) Tue 9:50
Tron (STC) Sun 3 The Wolf of Wall Street (18A) Fri-Sun 9:10 Mon-Thu 8:45

Kramer IMAX Theatre
2903 Powerhouse Dr.

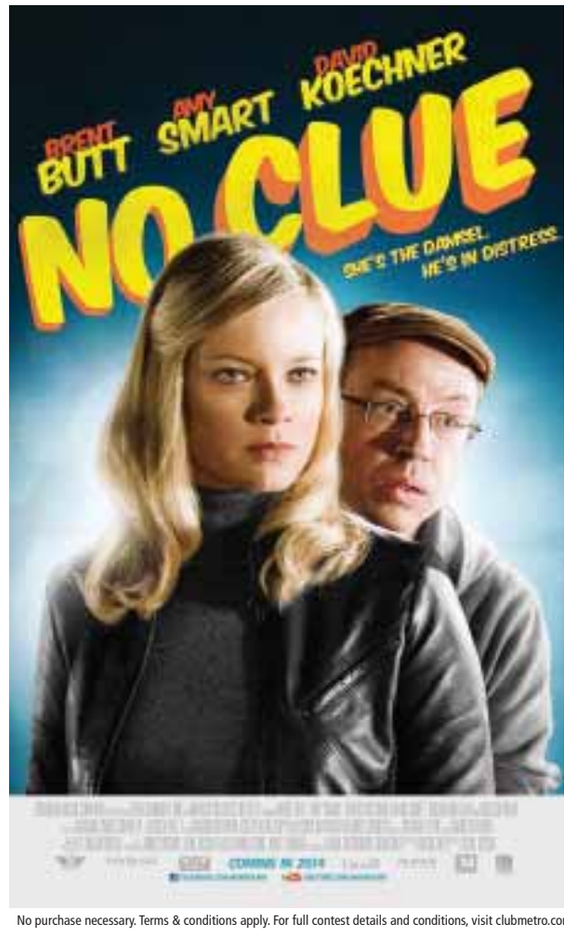
Flight of the Butterflies 3D (STC) Fri-Sun 1-3:30-7 Tue-Wed 1-3:30 Thu 3:30-7
Kenya 3D: Animal Kingdom (STC) Fri-Sun 2:15-4:45 Tue-Wed 2:15 Thu 1-4:45
No Films Showing Today (STC) Mon

Golden Mile
3806 Albert St.

47 Ronin (PG) Fri-Thu 1:20-3:50-6:50-9:25 Captain Phillips (PG) Fri-Thu 6:30-9:10 Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 1:15-3:50-6:50
Dallas Buyers Club (14A) Fri-Thu 1:20-3:55-6:35-9:15
Gravity (PG) Fri-Thu 1:25-3:45-7-9:15
Last Vegas (PG) Fri-Thu 9:20
Mandela: Long Walk to Freedom (14A) Fri-Thu 1:10-6:30
Nebraska (PG) Fri-Thu 3:45-9:25
Philomena (PG) Fri-Thu 1:15-4-6:40-9:20
Thor: The Dark World (PG) Fri-Thu 1:10-3:45-6:40-9:05 Walking With Dinosaurs (G) Fri-Thu 1:30-4:05

Regina Public Library Film Theatre, 23 11 12th Ave.

2013 Cannes Lions International Festival of Creativity (STC) Thu 7-9
The Color Purple (STC) Wed 6:15
Design Is One: Lella & Massimo Vignelli (STC) Fri 7 Sat 9 Sun 7
The Human Scale (STC) Fri 9 Sat 7 Sun 9
No Films Showing Today (STC) Mon-Tue



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Sienna says she only blames herself for bad press

Sienna Miller's rise to fame got a bit muddled when she became a tabloid sensation thanks to affairs with Daniel Craig and Balthazar Getty, forcing her to take a step back from the spotlight.

But the British actress insists there's no one to blame but herself. "I sabotaged things. I burnt a lot of bridges," she tells Esquire magazine. "What was going on in my private life was not an easy thing to read about.

"People don't want to see films with people they don't approve of in them. I felt like I had no control over any aspect of my life, professionally or personally, so I deliberately disappeared. I was sick of myself, to be honest, or sick of that perception of me."

Beyoncé

Queen B+? University offers course on Beyoncé

Beyoncé is one of the world's most scrutinized pop stars, and now that study is moving to academia. The Department of Women's and Gender Studies at Rutgers University is offering a course called Politicizing Beyoncé.

Kevin Allred, a doctoral student who is teaching the class, tells the university's online news site that he is using Beyoncé's career as a way to explore American race, gender and sexual politics. The class supplements an analysis of Beyoncé's videos and lyrics with readings from black feminists. Allred says he's seeking to help students think more critically about media consumption.

THE ASSOCIATED PRESS

Anna Wintour ALL PHOTOS GETTY IMAGES

Anna thinks SJP is a perfect fit

Anna Wintour has apparently been dropping hints that she has big plans at Vogue for pal Sarah Jessica Parker, and some of her underlings are getting nervous.

"Sarah has been consulted on a stunning array of Vogue's big moves over the last several months. She has totally entered the inner circle," a source tells Radar Online. "It's a surprising idea, but one that is not entirely a joke. Anna thinks Sarah, a fashion icon on Sex and the City, truly has what it takes to step into her shoes and take on a role at Vogue one day."

Parker, for her part, is apparently not wasting any time. "Sarah is playing this like she is serious and she wants it. She is doing her homework and learning the business like never before," the source adds.

"It's the fashion equivalent of running for president or getting nominated to the Supreme Court, and Sarah is treating it that way."

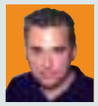
Even stars get the booty blues

It turns out everyone is hypercritical of their own body, even Rihanna, so don't feel too bad. "I do pick on my body," the Stay singer tells E! News. "It's a thing that women do. We walk in front of the mirror and we look at our butt. Is it getting bigger today? Ew. It's still flat."

Rihanna

Liquid Assets

Wet side of Kiwi culture



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

While The Lord of the Rings trilogy got the ball rolling, Lorde's wins at the Grammys last weekend has solidified New Zealand's position as the coolest place on Earth.

Kiwi culture extends way beyond movies and music. Its wines are considered some of the New World's finest productions. The first to twist screw caps onto premium juice, they've taken Sauvignon Blanc and Pinot Noir to places other countries can't even buy a ticket.

I love that about New Zealand wines. They know what they do best and, while they're never inexpensive, they deliver.

You might not be thinking about drinking white wine at this time of year. After all, nothing warms the soul on a cold Canadian winter's night like a nice, meaty red. I say worry less about the weather and more about what you've got in your glass.

And though I respect Lorde, Kim Crawford's 2013 Sauvignon Blanc ($19.95 - $22.99), with its sexy, citrus-infused star power, is way more Beyoncé.

Try it with fresh shellfish and vegetable-based dishes. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Go to NJ for football and Cincinnati for the chili

Super Bowl snack. The teams are from Seattle and Denver. The arena is in New Jersey and used by New York teams. So, continue the American geography lesson with Cincinnati Chili

PREP TIME 15 MINUTES

This recipe serves six to eight. COURTESY RICARDOCUISINE.COM

Everyone has a go-to chili recipe — but this is chili with a twist. Cincinnati chili is a tradition in parts of Ohio, with various recipes calling for the addition of allspice, cinnamon and cloves combined with more traditional ingredients like chili powder.

It is usually served atop pasta with grated cheese and garnished with kidney beans.

This Cincinnati chili recipe from award-winning Canadian chef Ricardo is perfect for anyone looking for a new chili experience.

Ingredients

- 1 kg (2 lb) lean ground beef
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 30 ml (2 tbsp) olive oil
- 45 ml (3 tbsp) chili powder
- 5 ml (1 tsp) ground cinnamon
- 5 ml (1 tsp) ground cumin
- 2.5 ml (1/2 tsp) allspice
- 2.5 ml (1/2 tsp) hot pepper flakes (or to taste)
- 1 pinch ground cloves
- 30 ml (2 tbsp) white wine vinegar
- 15 ml (1 tbsp) Worcestershire sauce
- 750 ml (3 cups) water
- 1 can (398 ml/14 oz) tomato sauce
- 2 cans (156 ml/5.5 oz each) tomato paste
- 2 bay leaves
- 2 cloves
- Salt and pepper

Garnishes

- Canned red kidney beans, rinsed and drained
- Green onions, chopped
- Orange cheddar, grated

1. In a Dutch oven over medium-high heat, brown the meat, onion and garlic in the oil, breaking up the meat with a wooden spoon. Season with salt. Add the spices and cook for 3 minutes more.

2. Deglaze with the vinegar and Worcestershire sauce. Add the water, tomato sauce, tomato paste, bay leaves and cloves. Bring to a boil, reduce the heat and simmer gently for about 2 hours, stirring frequently. Remove the bay leaves. Adjust the seasoning.

3. For an authentic presentation, serve on al dente spaghetti. Garnish with kidney beans, green onions and cheddar. For something more casual, like a Super Bowl snack, serve in bowls with garlic bread.

COURTESY RICARDOCUISINE.COM

Talk that Super Bowl talk like an expert

Football. Everything you need to sound like you know what you're talking about

TERESA KRUZE
life@metronews.ca

Super Bowl XLVIII will be a day of many firsts. It's the first Super Bowl held in the Northeast, the first hosted by two NFL franchises (Giants and Jets), and the first hosted by two states (New York and New Jersey).

How so? While the Giants and Jets are both New York teams, the stadium they play is across state lines in New Jersey. The Super Bowl has become much more than just a game, with festivities taking place all week in both the Big Apple and the Garden State.

C-c-c-cold

Sunday's game will be the first outdoor, cold weather Super Bowl in history and everyone is whining, er... talking about it. WIMPS. Canadian football fans have been braving games in bone-numbing temperatures for years. Super Bowl organizers are giving each ticket holder a swag bag seat cushion filled with hand warmers, ear muffs, gloves, tissues, a toque, lip balm and a radio to make the 82,500 frozen fans feel a little less frozen.

More than 100 million people are expected to watch the Seahawks take on the Broncos on Sunday. Will you be one of them? Here's all you need to know to enjoy the Super Bowl, and a few inside hints to make you look like an expert.

Who will you be cheering for during the big game? ISTOCK

O Canada

The Canadian connections

Three Canadians will take part in the big game.

Broncos' offensive tackle Orlando Franklin, though not born in Canada, moved to Scarborough, Ont. when he was three. Seahawks rookie Luke Willson of LaSalle, Ont., was drafted by the Toronto Blue Jays but chose football over baseball. Seattle punter Jon Ryan will be the first Saskatchewan native to play in the Super Bowl. He made the jump from CFL to NFL in 2006.

There will also be a Canadian sitting in the owner's suite. Broncos owner Pat Bowlen was raised in Alberta and retains his citizenship. TERESA KRUZE

Who is playing?

The Broncos are two-time Super Bowl champions and are coming off a record-setting year. Quarterback Peyton Manning led Denver to set new marks for points scored (606) and touchdown passes (55). The Seahawks have never won the Super Bowl, but come into the game with an equally impressive defense. On Sunday, it'll be the number one offense in the league against the number one defense. This hasn't happened since 1991. TERESA KRUZE

Seattle Seahawks (NFC champs)

Russell Wilson

Wilson's 25 and in his second year of playing for Seattle. He's been described as having a cannon arm, Houdini-like escape skills and is deadly outside the pocket. Some say he lacks experience and seasoning, but he has two big things going for him: the Seahawks' defense and former CFL great and NFL Pro Football Hall of Famer Warren Moon as a mentor.

Denver Broncos (AFC champs)

Peyton Manning

Peyton Manning, 37, has scorched the record books, and will likely go down as one of the best quarterbacks of all time. He has one Super Bowl ring. His critics predict he'll choke and freeze up on Sunday. After destroying the Tennessee Titans on a freezing December day, Manning said to his critics: "Whoever wrote that narrative can shove it where the sun don't shine."

Cool facts

Did you know....

- **MetLife Stadium.** The stadium will have 1,600 volunteers armed with shovels and ready to go if it snows before kick off.
- **Today.** Advertisers are paying up to 4.5 million dollars to run their commercials during the game.
- **Back then.** A 30-second commercial cost $40,000 during the first Super Bowl in 1967.
- **Colours.** The Broncos will be sporting their orange home jerseys and the Seahawks will wear their road whites. Teams that wear white jerseys have won eight of the last nine Super Bowls.

Entertainment

An opera singer and a Grammy winner

Renée Fleming will be the first-ever opera singer to perform The Star Spangled Banner at a Super Bowl, so the song's high notes shouldn't be a problem. Nerves shouldn't be either, as she also performed at the 2009 U.S. Inauguration and sang David Letterman's Top Ten one night.

Grammy winner Bruno Mars is set to rock MetLife Stadium and the frozen fans on Sunday during the halftime show. They also invited the Red Hot Chili Peppers, but Flea and the boys like to perform bare-chested. A parka and long underwear might be a good idea for this gig. TERESA KRUZE

Bruno Mars GETTY

Drinks. Football Cocktails from The Carbon Bar

Bartender Brendan Piunno has created two Super-Bowl-inspired cocktails for you to serve at halftime. ANDREW JOHN VIRTUE DOBSON

ANDREW JOHN VIRTUE DOBSON
dobbernationloves.com
@dobbernation

With the Super Bowl quickly approaching we tasked Brendan Piunno, bartender at the recently launched The Carbon Bar in Toronto, to create two unique cocktails inspired by the Seattle Seahawks and Denver Broncos.

Paying homage to Seattle's Pike Place Market, Piunno tips his hat to the birthplace of Starbucks with a coffee-inspired take on a Manhattan. For Denver, Piunno says he created The Moscow Bronco as "a fun take on the Moscow mule, adding a spicy kick by muddling fresh sliced chili into the glass."

Both beverages offer a subtle zing and a perfect opportunity to impress your guests.

Seattle Seahawk-Inspired Pike Place Manhattan

- 2 oz Pike Creek Canadian Whisky
- *1 oz coffee-infused Martini Rosso
- Generous dashes of Angostura bitters

*Add a teaspoon of fresh ground coffee to 6 oz. Martini Rosso, stir and strain.
Garnish with a cherry and light sprinkle of fine ground coffee Shake or stir ingredients over ice. Enjoy up or on the rocks.

Denver Bronco-Inspired Moscow Bronco

- 2 oz Absolut Elyx
- 1 oz lime juice

Top with ginger beer. Add press sliced chili for a spicy Bronco kick. Garnish with sprig of fresh coriander. Serve in a rocks glass full of ice.

CFL

Joseph cleared to sign, retire as Rider

The Edmonton Eskimos released veteran quarterback Kerry Joseph on Thursday.

That paves the way for Joseph to sign with the Saskatchewan Roughriders, then announce his retirement after 11 CFL seasons. Joseph enjoyed his best campaign with the Riders in 2007, being named the league's outstanding player before leading the team to a Grey Cup victory in Toronto. THE CANADIAN PRESS

CFL

Ticats find future QB in Collaros

Zach Collaros wasn't a free agent for long.

The 25-year-old quarterback signed with the Hamilton Tiger-Cats on Thursday, a day after being released by the Toronto Argonauts. Collaros' deal is through the 2016 season.

The six-foot-two, 216-pound Collaros completed 190 of 287 passes (66.2 per cent) for 2,316 yards with 14 TDs and six interceptions in 2013.

The signing of Collaros ends veteran Henry Burris's time in Hamilton as he was released Thursday.

THE CANADIAN PRESS

MLB

Albers released by Twins

The Minnesota Twins have released left-hander Andrew Albers, allowing him to sign with a South Korean team.

The Twins announced Thursday the 28-year-old native of North Battleford cleared waivers. He will join the Hanwha Eagles of the Korea Baseball Organization.

Albers made his major-league debut in 2013 and went 2-5 with a 4.05 ERA with the Twins.

THE ASSOCIATED PRESS

Roughriders slotback Weston Dressler runs the ball against the Stampeders in Calgary on Oct. 26. The Riders released the all-star on Thursday. THE CANADIAN PRESS

Dressler set free by Roughriders

CFL. All-star slotback released weeks ahead of contract's end so he can sign with NFL club

The Grey Cup-champion Saskatchewan Roughriders released all-star slotback Weston Dressler on Thursday.

The move wasn't a surprise. Dressler, 28, was scheduled to become a free agent Feb. 15 and was exploring his NFL options.

This allows Dressler, who earlier this month worked out for the Kansas City Chiefs, to sign an NFL deal immediately.

Riders assistant GM Jeremy O'Day said that could happen very soon.

"Weston and his agent were very up front they were going to go through the process and we were made aware of a possible situation coming up in the next couple of days where Weston was more than likely going to get an opportunity," O'Day told reporters. "From our standpoint it's tough to lose such a good player that's been here for a long time, is a leader in the locker room.

"But again, you've got to feel happy for him that he gets that opportunity. He hasn't gone through the process of being in the NFL and as any competitor you just want to see how you compare with the best available players. We wish him the best."

Impressive numbers

1,206

In his best statistical season (2012), Weston Dressler caught 94 passes for 1,206 yards and 13 touchdowns.

The five-foot-eight, 179-pound native of Bismarck, N.D., has spent the past six seasons in Regina, having registered 442 catches for 6,531 yards and 43 TDs. He has surpassed the 1,000-yard receiving plateau five times in his career, including the last four years.

Dressler had five catches for a game-high 81 yards and a touchdown in Saskatchewan's 45-23 Grey Cup victory over Hamilton.

Dressler is a two-time CFL all-star and was the league's top rookie in 2008.

"For the team obviously it's not great news," O'Day said. "But it's our job to find good players and hopefully we'll be able to replace him."

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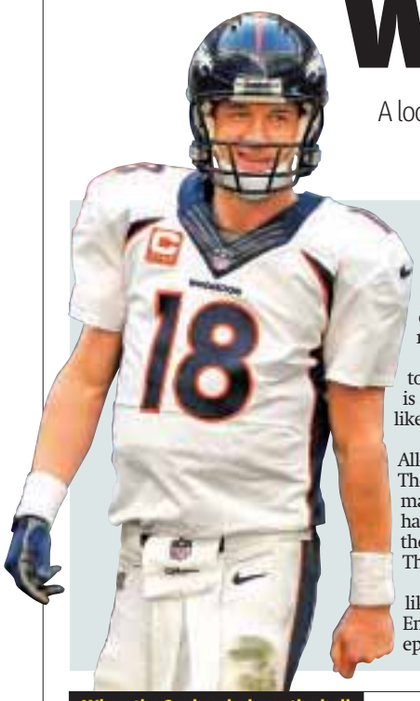
4 SPORTS

What's the difference?

A look at some of the difference makers for this Sunday's Super Bowl at MetLife Stadium in New Jersey

THE ASSOCIATED PRESS
Photos by Getty Images



When the Broncos have the ball

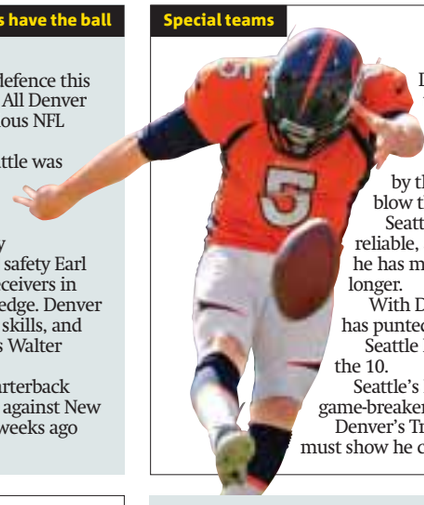
The Seahawks ranked first in overall defence this year, yielding a league-low 231 points. All Denver did was score 606, shattering the previous NFL mark.

Even juicier for this Super Bowl, Seattle was tops against the pass, which, of course, is a Peyton Manning specialty. This is likely where the game will be decided.

If Seattle's unequaled secondary led by All-Pro cornerback Richard Sherman and safety Earl Thomas can handle Manning's myriad receivers in man coverage, the Seahawks get a huge edge. Denver has not faced a defence with these cover skills, and those talents even extend to nickel backs Walter Thurmond and Jeremy Lane.

Of course, Seattle has not faced a quarterback like Manning, either. His 400-yard game against New England in the AFC Championship two weeks ago epitomized his sensational season.

Special teams



Denver kicker Matt Prater broke the NFL record with a 64-yard field goal and might have the strongest leg in the league. He shouldn't be bothered much by the swirling winds should they blow through MetLife Stadium.

Seattle's Steven Hauschka also is very reliable, although his range is not like Prater's. But he has made 17 of 18 field goals from 40 yards or longer.

With Denver's offence clicking, Britton Colquitt has punted just once in the playoffs.

Seattle P Jon Ryan excels at putting the ball inside the 10.

Seattle's Percy Harvin, if healthy, is a punt-return game-breaker any time he touches the ball.

Denver's Trindon Holliday can break big returns, but must show he can hang onto the ball.

When the Seahawks have the ball

Beast Mode. And big plays.

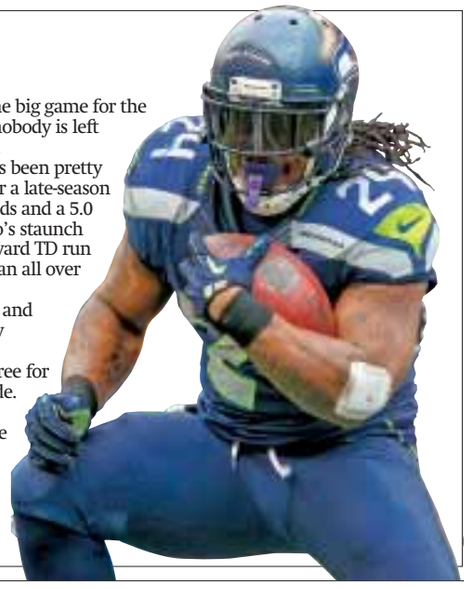
That's what got the Seahawks to the big game for the second time in eight years, although nobody is left from that team that lost to Pittsburgh.

Running back Marshawn Lynch has been pretty much unstoppable in the playoffs after a late-season slump. He powered his way to 109 yards and a 5.0 average per rush against San Francisco's staunch defence in the NFC title game. His 40-yard TD run got Seattle back in the game, and he ran all over New Orleans the previous week.

Denver has stepped up defensively and will be in excellent shape if it can slow Lynch.

But don't think Lynch can't burst free for big gains and get the tough yards inside.

Seattle's offensive line struggled protecting Russell Wilson, but was fine when pounding it out against the 49ers. The Broncos aren't as physical or as deep defensively, and without linebacker Von Miller, could be vulnerable.



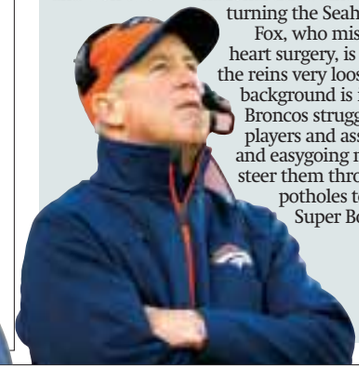
Coaching

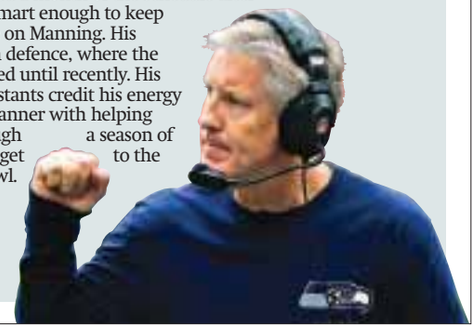
Seattle's Pete Carroll and Denver's John Fox both took over moribund franchises. Now look where they are.

Both are strong motivators, although Carroll does it in more of a rah-rah style his players embrace.

No team is more aggressive, especially on defence, Carroll's specialty, than the Seahawks. He had some success in a previous head coaching stint with the Patriots, then went to USC and won two national titles. Since returning to the pros, Carroll has done a brilliant job turning the Seahawks into a championship contender.

Fox, who missed a month of the schedule after heart surgery, is smart enough to keep the reins very loose on Manning. His background is in defence, where the Broncos struggled until recently. His players and assistants credit his energy and easygoing manner with helping steer them through a season of potholes to get to the Super Bowl.





Sherman next in line for 'duck' hunt vs. Manning

Seahawks cornerback Richard Sherman surely wouldn't mind catching one of Broncos quarterback Peyton Manning's "ducks." GETTY IMAGES FILE

Peyton Manning and Richard Sherman can agree to agree.

No war of words between the record-setting Broncos quarterback and the star Seahawks cornerback who will try to slow him down in the Super Bowl.

In his regular column for the MMQB.com website, Sherman ranked Manning as the smartest quarterback in the NFL a few weeks ago.

After gushing about his adjustments for a few sentences, Sherman added: "His arm, however, is another story. His passes will be accurate and on time, but he throws ducks."

Not exactly a revelation to anybody who has watched Manning toss a football. Asked about the "ducks" on Wednesday, Sherman said, "Well, I still feel the same way I felt."

"He is a great quarterback. He does a great job," he added. "At the same time, when he catches the ball he doesn't necessarily catch the laces all the time. He throws an accurate ball in regards to how he catches it. He just gets it on time and delivers it accurately."

And so Manning was asked about that comment Thursday and wasn't the least bit offended.

"I believe it to be true," he quipped.

"I do throw 'ducks,'" he said. "I've thrown a lot of yards and touchdown 'ducks.' I am actually quite proud of it."

Told later Thursday of Manning's response, Sherman said: "I agree. That's exactly what I said."

THE ASSOCIATED PRESS

No stickum required

"It's so easy to catch, it really doesn't matter if it's a spiral or wobbly."

Broncos wide receiver Demaryius Thomas on Peyton Manning's passes, adding they're "like catching tissue paper."

Horoscopes

♈ Aries
March 21 - April 20
You may prefer to deal with facts but there are times when you must take what you are told on trust, and this is one of them. Those you work with may be difficult at times but they are still on your side.

♉ Taurus
April 21 - May 21
Something will seize your imagination today and you will move in a new direction. Does what you are doing have any practical or financial value? Who cares! It's enjoyable!

♊ Gemini
May 22 - June 21
Despite what some negative types might say, most people in the world are just like you. Keep that in mind today when dealing with strangers. You may be surprised how much you have in common.

♋ Cancer
June 22 - July 23
Some people think you are the best thing since sliced bread — and they're right. But don't let flattery and adulation go to your head because there are others who would like an excuse to take you down a peg.

♌ Leo
July 24 - Aug. 23
There may be a thousand chores you'd like to avoid but you can't, so don't waste time on wishful thinking. Positive thinking, however, is to be encouraged, so imagine you are having the time of your life.

♍ Virgo
Aug. 24 - Sept. 23
Make the most of your current run of good fortune and make sure those you are closest to know how you feel about them. Chances are they know anyway but it never hurts to make sure.

♎ Libra
Sept. 24 - Oct. 23
It will pay you to come on less strong today, especially at work but also at home. You don't need to prove yourself. In fact, you will impress people more if you switch off and have fun.

♏ Scorpio
Oct. 24 - Nov. 22
Have fun. Hang out with your friends. This isn't a day to think about any of the many things you have been worrying about. You deserve a break so reward yourself. Others will smile too.

♐ Sagittarius
Nov. 23 - Dec. 21
You know what needs to be done to put things right and put loved ones and business colleagues at ease, so do it. Just make sure you can deliver on any promises you might make — and never, ever make promises about money.

♑ Capricorn
Dec. 22 - Jan. 20
You will find it easy enough to get your way over the next 24 hours, especially if you tell others what they want to hear. Is that dishonest? Maybe, but it's not the worst thing you'll do.

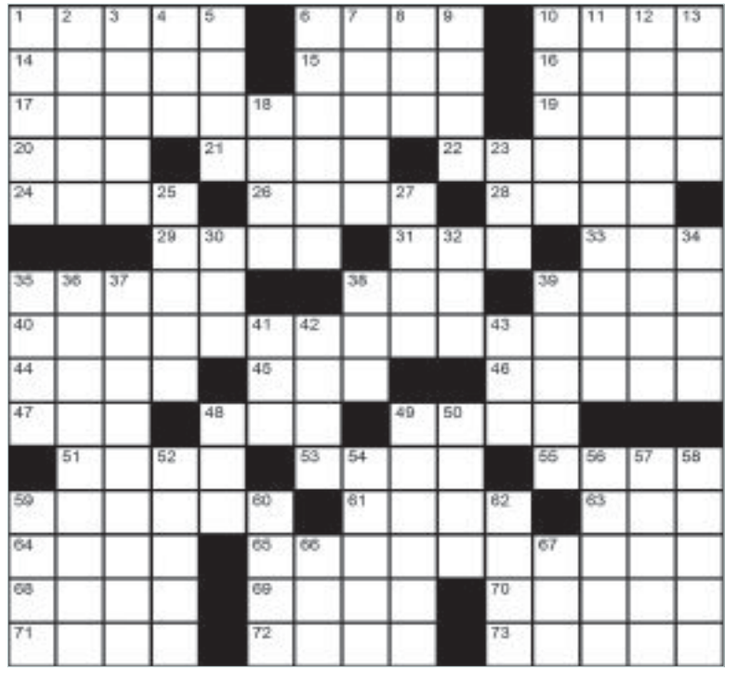
♒ Aquarius
Jan. 21 - Feb. 19
The more you ask for, the more you get. The more you get, the more you want. Just be careful you don't get so much that you can hardly meet the responsibilities that go with it.

♓ Pisces
Feb. 20 - March 20
Your future has rarely looked brighter. So why so glum? Whatever the reason, you need to snap out of it and recognize that, compared to most people, you are on easy street. All you really have to worry about is staying there. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

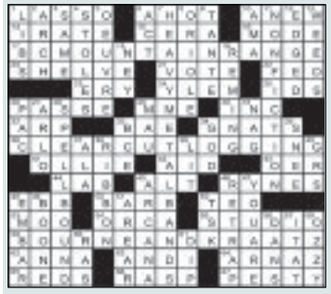
BY KELLY ANN BUCHANAN



Across
1. Chinese New Year, 2014 Year of the __
6. Above
10. __ at (Just barely eat)
14. Actress Deborah
15. Telephone __
16. Wheel shaft
17. Restores rank
19. Twirled
20. Flower container
21. Nobleman
22. Bands of eight
24. Hitch
26. Tribute types
28. Singer Mr. Anthony
29. Glasgow gal
31. Mr. Pacino's
33. Definite article
35. Plus
38. "You __ what you eat."
39. First __ (Some claims)
40. Nova Scotia's big star on Groundhog Day, February 2nd: 2 wds.
44. Bob of comedy
45. Rainbow shape
46. Vassal
47. Female sheep
48. Vital life energy
49. Immense
51. The Supremes, for example
53. Milk: French
55. Shaggy creatures
59. Understated
61. Ribbon bow part
63. Sing-y syllable
64. One: Italian [pl.]
65. "Groundhog Day" (1993) star: 2 wds.
68. Buckingham Palace stables, The Royal __
69. Acreage
70. Norse navigator Mr. Ericsson's
71. Norway's capital
72. Hankerings
73. __-Bismol

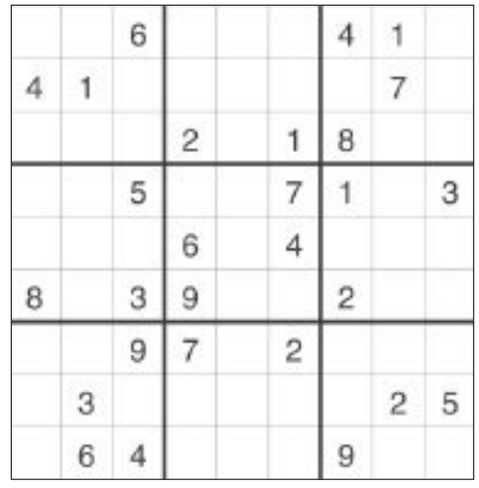
Down
1. Dwells on
2. Classic theatre
3. Seasoned yogurt dip of India
4. Fall from grace
5. Highlands tongue
6. Grammy and Oscar
7. Story's topper
8. Portland's state, for short
9. Certain currency
10. East Side Mario's serving
11. Skilfulness
12. Type of purse for the red carpet: 2 wds.
13. Actor Mr. Watanabe's
18. __, New Mexico
23. Metric measurements, mini-ly
25. The __ (Area of Ottawa)
27. Actress Ms. Paxton
30. Dined
32. Guided
34. Carlisle Cullen's wife in 'Twilight' movies
35. Tennis star Arthur
36. Rodgers & Hammerstein fare: 2 wds.
37. Big sporting event this weekend: 2 wds.
38. Scene of NHL action in Toronto
39. Zeus, for one
41. "Uh-uh."
42. Husk
43. Elles opposites
48. Mil. officer
49. Some 'strings' in music
50. Mr. Egoyan
52. Linda Ronstadt hit: "__ Easy": 2 wds.
54. Actor Tim
56. Take _ __ (Go vacationing)
57. Big name in food
58. Pull, as to give the word to get things done
59. Form of wrestling
60. Auction website
62. Stuff in orange juice
66. Hotness
67. Riddle-me-__

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	4	9	2	1	5	6	3	8
8	3	1	7	4	6	9	5	2
5	2	6	3	9	8	7	1	4
4	6	5	8	7	3	1	2	9
3	1	2	9	5	4	8	6	7
9	8	7	1	6	2	5	4	3
6	5	8	4	2	7	3	9	1
2	9	3	6	8	1	4	7	5
1	7	4	5	3	9	2	6	8

Bennett-fit #12

Jesse MacDonald
Accessories Consultant

Credit Specialists On Site

Bennett-fits:
Just another reason it's Better at Bennett

#284852P

V6, STOW & GO, PWR EQUIP, SAT RADIO, KEYLESS ENTRY, 7 PASSENGER, MORE TO CHOOSE FROM

2012 DODGE GRAND CARAVAN
$15,689* / $119*

#117679P

POWER GROUP, GREAT GAS MILEAGE, LOW 29,000 KMS, PROJECTOR HEADLAMPS

2013 DODGE DART SXT
$21,995* / $159*

PST PAID

#A57953T

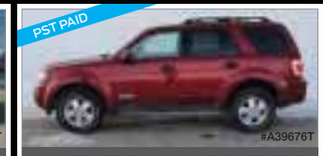
6 SPD AUTO,HTD LEATHER, MOONROOF, TRAILER TOW, SYNC, 6 PASSENGER, 62,000 KMS, LOCAL TRADE

2009 FORD FLEX LIMITED AWD
$23,795* / $189*

#800068T

EX - L V6 COUPE, MANUAL, SPORTY, LOW 45,000 KMS

2010 HONDA ACCORD EX-L
$22,995* / $199*



PST PAID

#A39676T

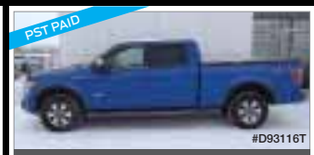
4CYL, HTD LEATHER, MOONROOF, REMOTE START, SYNC, SAT RADIO, ONLY 29,000 KMS

2012 FORD ESCAPE XLT
$20,495* / $149*

#159290T

GREAT GAS MILEAGE, SUPER LOW MILEAGE, 85,000 KMS

2005 SATURN ION
$8,495* / $119*

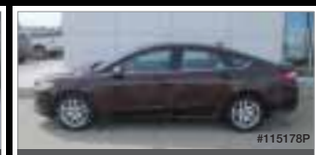


PST PAID

#D93116T

3.5L ECOBOOST, MOONROOF, 6.5 BOX, RUNNING BOARDS, CONSOLE SHIFT, ONLY 45,000 KMS

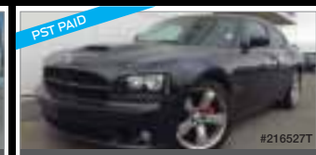
2011 FORD F-150 FX4
$33,998* / $269*



#115178P

AUTO, 4CYL, ABS, TRACTION CONTROL, SYNC, SAT RADIO, POWER SEAT, LOW KMS

2013 FORD FUSION SE
$20,995* / $139*

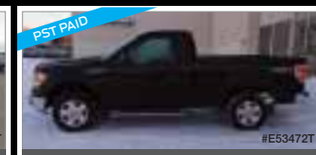


PST PAID

#216527T

TUNER, PIAA FOGS, CORSA SPORT EXHAUST 6.5" INTAKE AND INCLUDES LIZAKKS, 77,000 KMS

2008 DODGE CHARGER SRT8
$24,995* / $229*

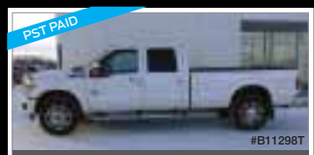


PST PAID

#E53472T

LOCAL OWNER, ONE TAX, ONLY 3,600 KMS

2013 FORD F-150 STX 4X4
$29,995* / $189*

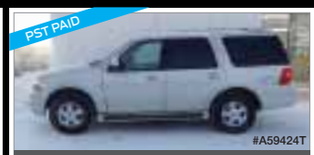


PST PAID

#B11298T

6.7L DIESEL, NAV, MOONROOF, REMOTE START, HEATED & A/C LEATHER, UNDER 20,000 KMS

2013 FORD F-350 PLATINUM
$61,983* / $389*

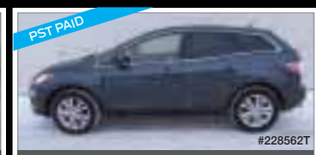


PST PAID

#A59424T

HTD LEATHER, MOONROOF, 7 PASSENGER, AWD, REV SENSING,1 OWNER, ONLY 128,000 KMS

2006 FORD EXPEDITION LTD
$17,789* / $169*

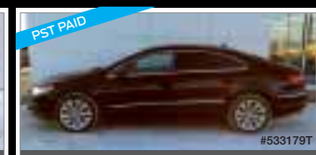


PST PAID

#228562T

AWD, TURBO 4CYL, HTD LEATHER, POWER EQUIP, UPGRADED SOUND, 18" ALLOYS, LOCAL TRADE

2009 MAZDA CX-7 GT
$18,995* / $159*

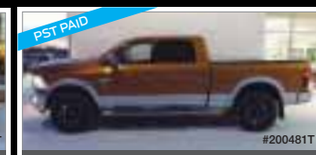


PST PAID

#533179T

SPORTLINE PKG, HTD LEATHER, NAV, MOONROOF, BLUETOOTH, 2.0L TURBO, ONLY 29,000 KMS

2009 VOLKSWAGEN PASSAT CC
$19,782* / $166*



PST PAID

#200481T

LARAMIE, HTD LEATHER, MOONROOF, RUNNING BOARDS, PARK ASSIST, REMOTE START, CREW CAB

2012 DODGE RAM 2500
$55,912* / $393*

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